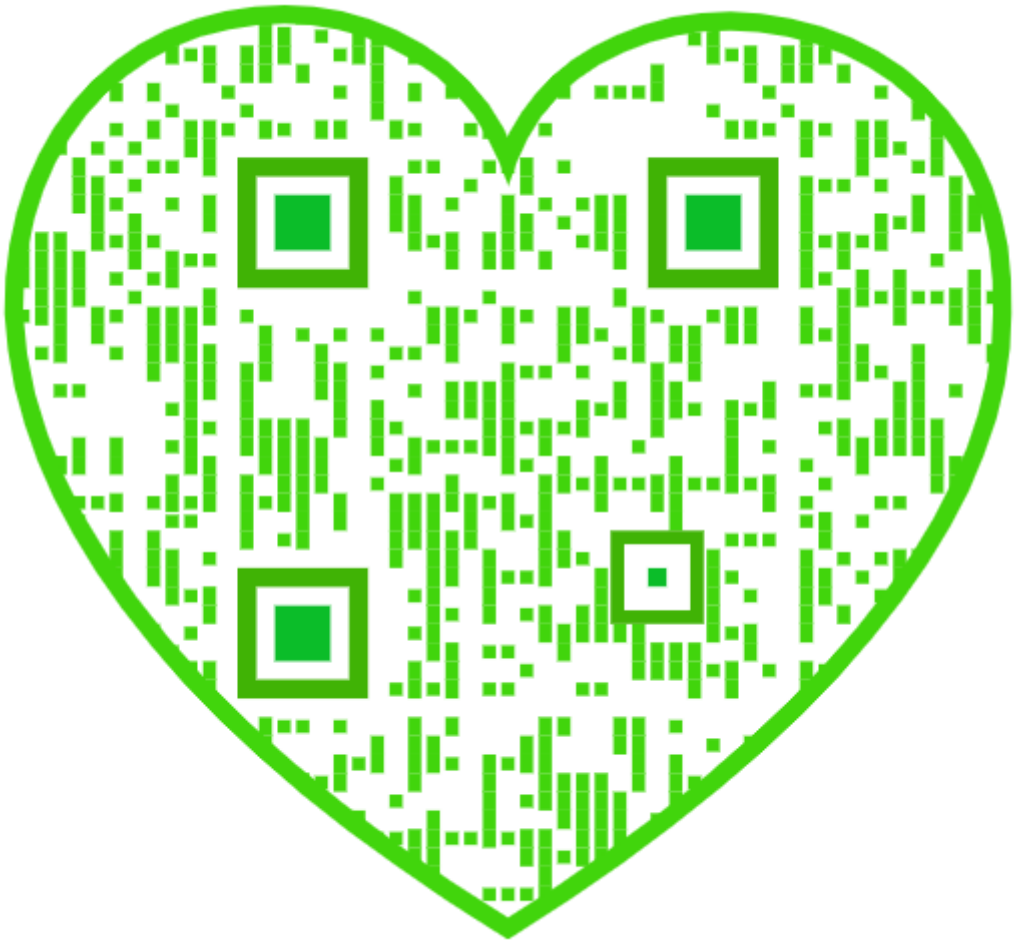

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BUREAU OF FISHERIES

Economic Circular No. 29 . . . . . Issued August 8, 1917

WHY AND HOW TO USE SALT AND SMOKED FISH.[a]

Sixty-one Ways of Cooking Them.

MADAM HOUSEKEEPER: How much do you know about salt and smoked fish? Do you know the names of more than four or five of each, or a dozen ways, all told, of cooking them? If you do, you are to be congratulated, for your knowledge is above the average. But do you know that there are enough ways of cooking these fishes to provide a new recipe once a week for a year and not exhaust the possibilities or to serve a new dish every day of the year, if you vary the kind of fish used? You probably do not, and it is the purpose of this little circular to tell you how to do these things and to tell a little more about the subject.

Americans are notoriously deficient as fish eaters, and they are particularly neglectful of cured or preserved fishes, excepting those obtainable in tin. Less than 2 pounds per capita is the yearly consumption of salt and smoked fish, and of this the greater part is eaten by the foreign born. This condition exists notwithstanding that there are large areas of the country in which transportation difficulties make it almost or quite impossible to get fresh fish with frequency, if at all.

Where fresh fish are not obtainable, or in those seasons when they are relatively scarce almost everywhere, smoked and salt fish make a very acceptable and low-priced substitute, and for breakfast many persons give them preference under all conditions. For the winter's supply, salt fish can be "laid in" in quantity and, therefore, have the merit of convenience and availability for emergencies. Smoked fish are, generally, more perishable than salt fish unless specially packed, but they also can be held for sufficient periods to make them convenient as well as delectable.

Because they are comparatively nonperishable, salt fishes, unless specially packed and in expensive containers, are generally sold at retail at a lower price than the same fishes fresh, but it is not generally known that pound for pound, both salt and smoked, they contain more nutriment than when fresh. This is because the curing extracts a large part of the water, and what is left is more nearly all food. Of dry-salted cod, for instance, about 22 per cent is protein, while that most valuable of foodstuffs constitutes but about 16 per cent of the fresh fish. Mackerel contains about 22 per cent when salted and 18 per cent when fresh. At the same price per pound,

[a] By H. F. Moore, Deputy Commissioner, Bureau of Fisheries.

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salt cod is 37 per cent and salt mackerel 22 per cent cheaper than the same fish fresh. That is a point worthy of consideration, Madam Housekeeper.

One of your difficulties in marketing may be that you do not know what to ask for, but the lists given in connection with the recipes will help to supply you with a fish vocabulary which you may use to advantage. Perhaps some of these may not be readily obtainable in your locality, because they are little known or new, but you will help to vary the national diet and prevent waste if you will ask your dealer for them. Remember that the fishermen will not catch in large numbers nor the dealer handle fish that nobody asks for, and when they get in the nets they are often thrown away—a sheer loss of good food.

Salt fish must be freshened before they are used, but that requires little more trouble than mere forethought. Place them, flesh side down, in a large volume of water and leave them there for from 12 to 48 hours, according to taste and the size and thickness of the fish. Change the water several times. The extraction of the salt may be hastened if the fish be raised above the bottom of the container by placing it on a wire tray or several clean sticks and, if the pieces be thick, by making several deep incisions in the flesh. Less freshening is required if the fish be boiled or otherwise cooked in liquid than if used for broiling or frying.

RECIPES.[a]

SALT FISH.

The following recipes may be used for almost any dried salt fish, such as cod, pollack, haddock, hake, whiting, burbot, channel bass, barraconda, drumfish, shark, etc. Many of the recipes may be used for sablefish by reducing or omitting the fats. Bacon and salt-pork fats may be substituted for butter in many cases. Some of these fish are sometimes so salt as to require considerable soaking, sometimes so fresh as to require little or none. The cook must use her own judgment with the particular material at hand.

1. *Salt-fish chowder.*—Take one-half a pint of picked salt fish. Pare and thinly slice 1 pint of raw potatoes and 1 large white onion; put in a hot buttered baking dish in alternate layers of fish, onion, potato, and 1 cracker, crushed fine. Add salt and cayenne pepper to taste, cover with hot water, and boil gently for 20 minutes. Add 1 pint of hot milk and a few tablespoonfuls of good cream, and let boil up.

2. *Baked salt fish.*—Take a cup of picked fish and stew gently in warm water. Mix 2 cups of cold mashed potatoes with a pint of milk, 2 eggs, a lump of butter the size of an egg, or bacon fat, a seasoning of pepper, and a pinch of salt if necessary. Mix with the fish, turn into a buttered pudding dish, and bake about half an hour.

[a] Collated and adapted from various sources by William C. Kendall, scientific assistant, and Rose M. McDonald, librarian, Bureau of Fisheries.

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3. *Baked salt fish.*—To a large teacup of fish, picked fine, add 2 cups of milk, 2 well-beaten eggs, salt and pepper to taste, and half a cup of butter, or bacon fat; mix very thoroughly, and bake half an hour.

4. *Salt-fish cups.*—Boil 1 cup of prepared salt fish for 20 minutes, drain, and set aside until cold. Add 2 cups of bread crumbs and 2 well-beaten eggs. Season with salt and pepper. Mix well, then make into balls and with the fingers form into cuplike shapes. Place cups in greased pan and break an egg into each one; put a little butter and salt on top of each. Bake slowly in the oven until eggs are solid. If garnished with lettuce leaves or parsley, it adds to the appearance.

5. *Scalloped salt fish.*—Mix a cup and a half of cold boiled rice with 2 tablespoonfuls of cream; alternate the rice in a buttered baking dish with fish finely flaked, finishing with rice. Carefully break 4 eggs on top; season with salt, pepper, and bits of butter. Bake until the eggs are set. Individual ramekins may be used and an egg slipped on each.

6. *Salt-fish soufflé.*—Boil prepared fish for 20 minutes; drain the fish, pound it, and run through a sieve or meat chopper; add 2 ounces of melted butter, the beaten yolks of 2 eggs, and season with pepper and salt to taste. Beat up the whites of eggs to stiff froth, add them lightly to the other mixture in a pie dish, and bake in a quick oven about 20 minutes.

7. *Salt-fish soufflé.*—Boil 1 pint prepared fish for 20 minutes; drain, and set aside until cold. Boil 8 good-sized potatoes and mash smooth; season to taste with salt and pepper and 2 large tablespoonfuls of butter. Add three-quarters of a cup of hot milk and stir in 2 well-beaten eggs. Turn into a greased baking dish and heat in the oven about 10 minutes. Beat the whites of 2 eggs to a stiff froth; add half a teaspoonful of salt, then add 2 beaten yolks. Spread this over the top of the fish and return to the oven to brown. Serve from the same dish while hot.

8. *Salt fish au gratin.*—Boil a pound of fish gently for 2 hours, putting it over the fire in tepid water; let it get cold and mince it fine. Take a cup of drawn butter made by cooking together a tablespoonful each of butter and flour and stirring them into a cup of boiling water until the sauce is thick and smooth. Stir the fish into this, pepper to taste, mix with it 2 tablespoonfuls of grated cheese, turn into a baking dish, strew with crumbs and a bit of butter and a little more grated cheese, and brown in the oven.

9. *Salt-fish pudding.*—Mix together 2 cups of flaked fish, 1½ cups of stale bread crumbs, 2 cups of milk, 2 well-beaten eggs, one-third cup of melted butter, one-half teaspoonful of onion juice, 1 teaspoonful of pepper. Turn into a buttered baking dish, cover with one-third cup of buttered crumbs, sprinkle with grated cheese, and bake to a light brown.

10. *Baked salt fish.*—Boil for 20 minutes enough fish to make 2 cups of flaked or shredded fish; drain, and set away until cold. Add to the fish 1 cupful of mashed potatoes. Mix well with 1 cup of milk and the yolks of 2 eggs well whipped. Add a tablespoonful of melted butter, salt and pepper to taste, and 3 tablespoonfuls of grated Parmesan cheese. Turn into a greased baking dish, sprinkle grated cheese over the top, and bake to a golden brown. Serve immediately.

11. *Broiled salt fish.*—Cut a square the size you desire from the thickest part of the fish. Take off the skin, and wash clean; broil over clear coals 10 minutes, then dip in boiling water, butter and serve.

12. *Boiled salt fish.*—Skin 1½ pounds of fish and cut into suitable pieces. Put the stewpan with water on the fire, adding a couple of onions cut into quarters. When at a boiling point, place the fish in it and wait until it boils again, when it should be taken from the fire at once and left to draw for 5 minutes longer.

Take out of the pan, place on a colander, season it, and put on a hot plate. Serve with browned butter and mustard.

13. *Salt-fish dinner.*—Cut up one-half pound salt mixed pork in tiny squares and fry brown. Boil the number of potatoes needed. Boil 1 pound of fish 15 minutes; drain and put on platter. Put the pork scraps and fat in a gravy boat and the potatoes in a covered dish. Mix your potatoes and fish together on your plate at dinner and have the pork scraps and fat for gravy.

14. *Creamed salt fish.*—Pick in small pieces 1 cup fish. Melt 1 tablespoonful butter, add 1 tablespoonful of flour, and pour on gradually 1 cup hot milk. Add fish, and turn on a hot platter. Garnish with slices of hard-boiled eggs. Serve with baked potatoes.

15. *Salt-fish casserole.*—Cream fish as in recipe No. 14. Spread crumbed bread in bottom of casserole with butter, salt, and pepper. Pour in creamed fish while hot. Cover with bread crumbs and bake in hot oven until brown.

16. *Salt fish in cream.*—Tear a piece of fish into small strips, wash clean, and place in a bowl with about a quart of water. Let it simmer half an hour, then pour off the water, and add 1 pint of new milk. When this comes to a boil, thicken with 1 spoonful of flour. Let it boil 5 minutes, then add butter the size of a walnut and a little pepper, and serve.

17. *Creamed salt fish in pepper cases.*—Two tablespoonfuls butter, 2 tablespoonfuls flour, dash cayenne pepper, 1 pint hot milk, one-quarter pound picked fish which has been soaked over night. Blend the butter, flour, and pepper; add the hot milk, little at a time; cook 2 minutes; then add the picked fish and cook until creamy. Select large green peppers of uniform size, cut lengthwise, and remove seeds and veins, pour boiling water over them, and scald a few minutes to bring out and preserve their green color. Fill the pepper shells with the creamed fish and cover with the yolk of a hard-boiled egg rubbed through a sieve or vegetable press.

18. *Fried salt fish.*—Boil a piece of fish until it is tender, but not broken. Drain, cut into slices an inch thick with a sharp knife, and wipe dry with a piece of cheesecloth. Dredge the slices with pepper, and lay them in a pint of milk in a baking dish or pan. Let soak in the milk for at least an hour, then dip each slice in beaten egg, seasoned with pepper only, and cover completely with fine bread crumbs. Fry them a live brown in hot fat sufficient to cover well. Garnish with cress or parsley and lemon, or serve a dish of crisp cucumber cut in thin slices and a little French dressing.

19. *Salt fish, Cuban style.*—Pick fine a cupful of fish and soak in different water until fresh enough for use. Fry a chopped onion in a tablespoonful of butter to a rich brown, and add the drained fish with water enough to cover it, a green pepper chopped fine, and a cupful of stewed tomato. Cover and stew slowly for an hour. This may be served with toast.

20. *Salt-fish balls, No. 1.*—Pick the fish apart. Boil potatoes and mash them. Mix fish and potatoes together while potatoes are hot, taking two-thirds potatoes and one-third fish. Put in plenty of butter, make into balls, and fry in plenty of lard. Have lard hot before putting balls in.

21. *Salt-fish balls, No. 2.*—Shred a piece of fish sufficient for 1-quart bowl full. Cover it with water and let it simmer gently until tender. Mash 6 fresh-boiled potatoes while hot. Drain the fish, pound it, and run through a sieve; mix with this the mashed potatoes and 3 well-beaten eggs; season to taste, and add small lump of butter. Drop by the tablespoonful into a pan of boiling hot lard and fry until a delicate brown. Drain on brown paper, then serve very hot.

22. *Farm fish balls.*—One cup salt fish, 2 cups raw potatoes cut in pieces; cook together. When done, put through sieve or meat grinder and add 1 egg. Make into balls and fry in deep fat.

23. *Salt-fish hash.*—For 4 persons, take 2 cups of freshened salt fish, chop fine or run through a meat grinder; an equal amount of cold boiled potatoes, treated in the same way; mix and moisten with milk in which an egg has been thoroughly whipped. Fry some bacon or pork and use the fat for greasing the frying pan, in which the hash is fried brown. Now and then add sufficient fat to keep hash from burning, but not enough to make it too greasy. It may be turned like an omelet. Serve hot on platter with strips of bacon or pork.

24. *Salt-fish fritters.*—Cut the fish into strips about the size of the finger. Wipe dry, dip each piece in fritter batter, and fry brown in hot fat.

25. *Salt-fish omelet.*—Put 1 pint of sliced raw potatoes in a stewpan, add 1 pint of shredded and freshened fish, cover with cold water, and boil until the potatoes are done. Drain; add one-half cup of thin cream, 1 tablespoonful of butter, the beaten yolks of 2 eggs, and pepper and salt to taste. Beat thoroughly until very light, fold in the stiffly beaten whites of 3 eggs, cook in a frying pan until brown on the bottom, then fold like an omelet, and serve immediately.

26. *Salt-fish salad.*—Take 3 pieces of fish cut 2 inches square; split them in two; after soaking, drain and wipe dry. Baste each piece with a little butter, and broil. When cool, tear them apart; cover with French salad dressing; let stand for 2 hours. Half fill a salad bowl with crisp lettuce leaves; drain the fish, add it to the lettuce, and add mayonnaise. When in season, slices of crisp cucumber may be added to the fish.

The following recipes may be used for brine-salted fish, such as mackerel, atka fish, herring, alewives (river herring), shad, salmon, sablefish, mullet, whiting, etc. In using sablefish, which is very rich, reduce the quantity of fats prescribed:

27. *Baked salt fish.*—Put the fish in a pan, cover with cream or rich milk, and place in the oven. Cook until cream is brown. About 5 minutes before it is dished add a small piece of butter and some pepper.

28. *Broiled salt fish.*—Dry the fish carefully and butter; lay the fish in the broiler and broil a nice brown. Lay on a heated platter and pour over it a tablespoonful of butter mixed with a teaspoonful of lemon juice or vinegar, a tablespoonful of boiling water, a pinch of black pepper, and a tiny sour gherkin or cucumber pickle minced fine.

29. *Boiled salt fish.*—Boil from 1 to 1½ pounds of fish 10 minutes or until meat leaves the bone. Serve with boiled potatoes.

30. *Creamed salt fish.*—Wipe the fish dry and broil until well done, but not too brown. Lay on a hot platter; make a cup of cream sauce; season with salt, pepper, and a little paprika. Just before pouring over the fish, which should have the bones removed, add to the sauce a well-beaten egg and a little lemon juice. Do not let the sauce stand after adding the egg and lemon.

31. *Pickled salt fish.*—Pour boiling water over the fish and let it stand 15 minutes; drain off, and then pour on boiling vinegar with cloves and mace added.

The following recipes are particularly adapted to such brine-salted fish as herring, alewives, mullet, lake herring (cisco), etc.:

32. *Fried salt fish.*—(Fish salted whole are preferred, though any salt fish may be prepared in the same way.) Wrap the whole fish in strong white paper. Brown paper or paper that has been waxed or printed upon should not be used. Grease the paper with a little butter or lard to prevent sticking. Put the fish in a hot frying pan that has been greased and fry about 4 minutes. Turn the fish over once in the pan. If the fish is too large for paper and pan, it may be cut in two and the pieces wrapped separately. Serve hot in the paper. This

method of cooking herring, which is simple and easy to do, preserves all the fats, juices, and aroma of the fish.

33. *Scalloped salt fish.*—Take 4 or 5 salt herrings or equivalent amount of other fish, divide down the back, remove all skin and bone, and cut into squares. Have ready a dozen good-sized potatoes, cold boiled. Slice them, and put in alternate layers of fish and potatoes, with butter and pepper between each layer of fish. Begin and end with a layer of potatoes, and have a generous layer of fish. Cover with a custard made of 3 cups of milk and 3 well-beaten eggs. Last of all add half a cup of fine bread crumbs mixed with a little softened butter. Bake 40 minutes. Serve from same dish, with folded napkin around the outside.

34. *Salt-herring pudding.*—The herring or other fish are skinned and split and the backbone removed. The fish are then cut crosswise into strips about one-fourth inch wide. An earthenware cooking vessel is moistened with a little water inside. Cut boiled potatoes into disks about one-fourth inch thick. Put a layer of the sliced potatoes on the bottom of the cooking vessel, then follow with a layer of fish strips; thus alternating potatoes and fish until the vessel is filled to within about an inch of the top, potatoes forming the last layer. Two or more eggs are beaten and added to about one-half pint of rich milk. This cream is poured over the contents of the cooking vessel. Bake in an oven till the egg is coagulated and a slight brownish crust is formed on the top. Only a few minutes are required for this cooking. Serve hot.

35. *Salt-fish salad.*—Take 4 herrings or equivalent amount of other fish, 9 or 10 good-sized potatoes, equal quantity red beets, 1 onion or more, one-half pound piece lean pork or veal. Skin and split the fish; boil potatoes; boil beets and pickle in strong vinegar overnight; boil the meat. Cut all materials into small cubes one-eighth to one-fourth inch, the onions being cut finer. Mix all thoroughly. Press into form and dump on platter. Decorate with hard eggs and garnish. Dressing can be made by mixing pickle from beets with equal proportion of cream. Serve cold.

36. *Salt-fish salad.*—Remove the skin and bones from 2 salt herring or equivalent amount of other fish and mince fine; cut into cubes 1 cold boiled beet, 1 onion, 1 large pickle, 2 hard-boiled eggs, and 2 cold boiled potatoes; add one-half cup of cold meat (veal preferred); cut fine; mix all well with the fish; moisten with sauce made of vinegar, mustard, and pepper; let stand overnight in a porcelain dish; stir once more thoroughly, and see that all is juicy. Then garnish in concentric rings with chopped parsley, whites of eggs, yellow of eggs, and beets.

37. *Salt-fish salad.*—Remove the skin and backbone of 4 salt herring or equivalent amount of other fish and cut them into neat square pieces. Slice 2 quarts of boiled potatoes. While hot, put them into a dish and pour over them weak vinegar enough to moisten them. When cold, add the herring and the yolks of 4 hard-boiled eggs chopped up. If roe herring have been used, soak the roe in vinegar for a few minutes and strew the egg over the salad. This is true herring salad, but a French dressing may be added if desired.

38. *Mock caviar.*—Two or three herring, or equivalent amount of other fish, are cleaned and laid in lukewarm milk for 5 hours. Skin and bone them, chop very fine, and mix with finely chopped onions and the juice of a lemon. Serve with buttered bread.

SMOKED FISH.

The following recipes may be used for carp, catfish, finnan haddie (haddock), hake, pollack, lake trout, salmon, grayfish, shark, etc., and, with some reduction in the quantity of fats, for halibut, sablefish, sturgeon, and eels.

Some of these fish are sometimes so salty as to require considerable soaking, sometimes so fresh as to require little or none. The cook must use her own judgment with the particular material in hand.

39. *Smoked fish with rice.*—Boil one-half a pound of rice in 1 quart of bouillon well done. Heat 4 tablespoonfuls of finely chopped onions with some butter and 6 mashed white pepper seeds; with an additional teaspoonful of butter, mix with the rice. Skin and bone 2 or 3 medium-sized smoked fish; cut into small pieces and fry a little while in butter. Butter a plate, on which place half of the rice, then the fish, and in turn the rest of the rice. Form this into a pyramid, baste with a beaten egg, dredge with grated cheese and bread, add another small piece of butter, and bake, taking care that the plate does not get too hot from below.

40. *Baked smoked fish.*—Wash the fish thoroughly; soak one-half hour in cold water, skin side up; cover with boiling water and let stand 5 minutes; drain carefully; and remove the skin and bone. Put the flaked fish in a buttered dish and pour over it a white sauce equal in quantity to that of the fish. Cover with crumbs, dot with butter, and bake in the oven long enough to brown the crumbs.

41. *Baked smoked eel.*—Split the eels and remove backbones; cover with bread or cracker crumbs mixed with whipped egg and milk. When baked, serve with green peas.

42. *Smoked sturgeon for dinner.*—Place a piece of smoked sturgeon in a deep baking tin with a little good bouillon. Boil slowly until cooked through. When done, remove the fish and boil the broth down until it begins to brown; rapidly stir in a thin mixture of flour and water, cooking until brown. It takes but a minute or two. Pour it over the sturgeon or serve separately in a gravy boat. Garnish the fish with slices of hard-boiled eggs, sliced lemon, and watercress or parsley.

43. *Broiled smoked fish.*—With a sharp thin knife shave the fish in thin slices. Brush each slice with butter, dust with pepper, place in a fine wire broiler, and toast for a few minutes exposed to a clear fire. Have ready some thin toasted squares of bread; place the fish on these, sprinkle a few drops of lemon juice on each slice, add a tiny bit of butter, and serve at once.

44. *Broiled smoked fish.*—Take a half pound of smoked fish and parboil it 10 minutes; lay in cold water for the same length of time; wipe dry; and broil over a clear fire. Add 2 tablespoonfuls of butter while hot; season with cayenne and the juice of half a lemon; pile upon a hot plate, and serve with dry toast.

45. *Broiled smoked halibut.*—Soak sliced smoked halibut in cold water until sufficiently freshened. Broil and serve with baked potatoes. If the halibut is not sufficiently fat, it may be basted with butter.

46. *Smoked-fish cakes.*—Mix an equal quantity of parboiled flaked smoked fish and mashed potatoes. Season with salt and pepper, add a beaten egg, mold into cakes, and fry.

47. *Smoked-fish ramekins.*—Cream together 2 tablespoonfuls of flour, 1 of butter, cayenne pepper, and a little salt. Work into this 1 cup of cream and 1 of milk. Put on the fire, and when thoroughly heated add 2 cups of smoked fish that has been broken into flakes. Butter ramekins and fill with creamed fish. Set in a pan of hot water and bake for half an hour.

48. *Canape of smoked fish.*—Cut 6 slices one-quarter of an inch thick from a stale loaf of bread then cut each into 2-inch square pieces. Toast them to a nice golden brown and lightly butter. Cover them with very thin slices of smoked fish nicely trimmed. Decorate with a little parsley, 6 quarters of lemon, and a hard-boiled egg finely chopped. Sprinkle this over them and serve.

49. *Russian canapes of smoked fish.*—One teacup of smoked fish that has been passed through a chopper, 2 ounces of butter, 4 teaspoonfuls cream, ripe olives. Heat the butter until hot; mix with the fish. Add the cream, mix well, and spread on toast cut in fancy shapes. Garnish with olives.

The following recipes may be used for smoked fish, such as bowfin, mooneye, shad, lake herring (cisco), whitefish, slack-salted herring, alewives (river herring), mullet, finnan haddie (haddock), pollock, hake, and whiting. No soaking required:

50. *French kippered herring omelet.*—Flake the fish and then toss in a little butter. Beat 4 eggs very light and add the fish. Melt a little butter in a frying pan, pour in the mixture, and cook over the fire evenly. When the bottom of the omelet is brown and there is still a certain amount of liquid egg on the top, fold one half over the other half and slip the omelet out on a hot dish. Serve without loss of time.

51. *Smoked-fish patties.*—Take 2 cups ground fish, 2 cups cracker crumbs, 1 egg, and one-half cup of milk or cream. Beat egg, add remainder of ingredients, and form into patties. Put equal parts of butter and lard in skillet and fry to a golden brown. Serve on hot platter garnished with parsley.

52. *Boiled smoked fish.*—Boil sufficient finnan haddie, or other fish similarly cured, for the number of persons to be served. When done, remove the skin and bones. Make sauce by heating milk thickened with a little flour, to which add butter; salt and pepper to taste. Serve with baked potatoes on the side.

53. *Creamed smoked fish on toast.*—Take 2 cups milk or cream, 2 tablespoonfuls of flour, and 1 cup smoked fish cut into small pieces. Boil milk and flour, then add fish. Serve hot on toast.

54. *Broiled smoked fish.*—Place fish on gridiron, flesh side down, over glowing fire. When a rich brown, remove from fire and serve with melted butter.

55. *Baked smoked fish in paper.*—Wrap one average-size fish in one or two thicknesses of paper (preferably the brown paper used by butchers), place in a pan, and put in a hot oven for one-half hour. The fish is thus thoroughly heated without being dried out. Before serving remove paper wrapping and the skin of the fish.

56. *Panned smoked fish.*—Place fish, opened and spread out, in pan. Dot with generous lumps of butter, and add a little milk. Place in oven until thoroughly heated. This makes a delicious breakfast dish.

57. *Smoked-fish salad.*—Take equal parts of smoked fish and celery, cut into small pieces, and add 1 cup of nut meats. Pour over this mayonnaise dressing to which whipped cream has been added.

The following recipes may be used for hard-salted smoked herring and alewives, which require soaking:

58. *Fried smoked herring.*—Clean the fish, and if they are dry in meat pour some warm water over them; when dry again, fry in oil or butter. Serve with potatoes or parsnips.

59. *Fried smoked herring.*—The fish are opened and soaked for 12 hours in warm milk; then wipe dry and fry in butter or oil until the skin bursts. Serve with oil or butter and toast.

60. *Smoked herring a la Dauphin.*—Skin and bone the fish, then soak half an hour in warm milk. Wipe dry and dip in a sauce of melted butter, the beaten yolks of 2 eggs, and finely chopped chives. Fry with some browned flour in a skillet. Serve with toasted bread on which some cayenne pepper is sprinkled.

61. *Smoked herring a l'Italienne.*—The fish is well cleaned, washed in boiling water, dried, and inside and out dredged with flour. Fry in oil, to which some chopped parsley is added, and serve with maccaroni.

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